

## Vitamin D for Your Child

Vitamin D promotes strong bones and teeth. It also helps prevent illness, heart disease, some types of cancer, diabetes, and other diseases.



Kids from birth to 18 years old need 400 International Units (IU) of vitamin D each day.

It is not easy to get this much vitamin D from food or sunlight so your child may

need to take a vitamin supplement.

Vitamin D is available in many forms:

- Liquid drops for babies. Be sure to use the dropper that comes with the drops.
- As part of a children's chewable multi-vitamin.

Remember to always read the label and follow the directions.

If you have questions about taking vitamin supplements, talk to your doctor.

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Adapted from the Oregon WIC Program

DOH 960-298 January 2011



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